

# Thrombosed External Hemorrhoid | Fast Relief

**T**hrombosed [External Hemorrhoid](#) are [hemorrhoids](#) that are located outside of the anus. This occurs when the blood supply in that area is cut off. This can result in a blood clot that could cause a feeling of pain that most people associate with the term [hemorrhoids](#).

- Some people go for the option of having surgery to relieve the pain.
- Before you look into the option of surgery, we would like to outline a few possible options.
- One simple method in which a lot of people just don't think about, is to do everything you can to prevent constipation.
- Constipation is actually one of the main causes of having a difficult stool, which require straining of your [bowel](#) movements.
- Your chances of getting constipated can be greatly reduced by eating a high fiber diet.
- Try to eat beans, wholemeal breads, fresh fruits and vegetables as much as possible everyday.
- Also be sure to drink water daily.
- Another easy way to get the fiber that you need is to buy a fiber supplement.
- This can be purchased at any pharmacy.
- You can also purchase a stool softener with your local drug store.



*“ You also can purchase hemorrhoid medication over-the-counter. Most of these medicines can help to [shrink hemorrhoids](#) and relieve the pain and itching sensation that is associated with this condition.*

- There are a number of natural treatments that can be used to clear up this condition.
- Many natural treatments can easily function to shrink the hemorrhoids and relieve the painful swelling.
- Many people have selected to test a natural treatment before going along with surgery.
- Is always less dangerous to avoid surgery, if possible.
- Natural products offer many advantages over the traditional medication treatments.

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